

# Pepermans 2026: Session: 2: COACH evaluation sheet for TEAM: AZV

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Torfs Agnes

Coaches: Claassen Benny HEADCOACH

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 21: 100M BUTTERFLY WOMEN 15-16 Heat:2, starttime: 14:02

Heat: 2/4 Lane : 4 Athlete: LAMBRECHTS LOES Q-time: 01:19:83

PB (50m pool): 01:23.02 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:19.83 SB: no time

|    | 5 0 M     | 1 0 0 M   |  |
|----|-----------|-----------|--|
| PB | no time   | 01:23.02  |  |
|    | no time   |           |  |
|    | . . . . . | . . . . . |  |

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 15-16 Heat:5, starttime: 14:16

Heat: 5/7 Lane : 8 Athlete: WILLEMS RUBEN Q-time: 01:11:41

PB (50m pool): 01:14.25 Wezenberg 05/01/2025 PB (25m pool): 01:11.41 SB: no time

|    | 5 0 M     | 1 0 0 M   |  |
|----|-----------|-----------|--|
| PB | 00:36.08  | 01:14.25  |  |
|    | 00:36.08  | 00:38.17  |  |
|    | . . . . . | . . . . . |  |

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 15-16 Heat:5, starttime: 14:47

Heat: 5/8 Lane : 3 Athlete: LAMBRECHTS LOES Q-time: 01:06:72

PB (50m pool): 01:09.42 Antwerpen 20/04/2025 PB (25m pool): 01:06.72 SB: no time

|    | 5 0 M     | 1 0 0 M   |  |
|----|-----------|-----------|--|
| PB | 00:34.08  | 01:09.42  |  |
|    | 00:34.08  | 00:35.34  |  |
|    | . . . . . | . . . . . |  |

Coach feedback:

Pepermans 2026: Session: 2: COACH evaluation sheet for TEAM: AZV

| Event number: 28: 100M FREESTYLE MEN 15-16   |           |           | Heat:4, starttime: 14:59            |
|----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 4/8 Lane : 3 Athlete: LEMMENS NOAH     |           |           | Q-time: 01:03:11                    |
| PB (50m pool): 01:04.87 Antwerpen 13/07/2025 |           |           | PB (25m pool): 01:03.11 SB: no time |
|                                              | 5 0 M     | 1 0 0 M   |                                     |
| PB                                           | 00:31.28  | 01:04.87  |                                     |
|                                              | 00:31.28  | 00:33.59  |                                     |
|                                              | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 28: 100M FREESTYLE MEN 15-16 |           |           | Heat:5, starttime: 15:00            |
|--------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 5/8 Lane : 3 Athlete: WILLEMS RUBEN  |           |           | Q-time: 01:01:98                    |
| PB (50m pool): 01:05.38 Mol 22/06/2025     |           |           | PB (25m pool): 01:01.98 SB: no time |
|                                            | 5 0 M     | 1 0 0 M   |                                     |
| PB                                         | 00:31.22  | 01:05.38  |                                     |
|                                            | 00:31.22  | 00:34.16  |                                     |
|                                            | . . . . . | . . . . . |                                     |

Coach feedback: